

▶ DIABETES & WOMEN'S HEALTH.....	1
▶ HEALTHY LIFESTYLE.....	2
▶ NEW CDC RESOURCES.....	3
▶ AWARENESS MONTHS.....	4
▶ COMMUNITIES TAKE ACTION.....	5
▶ UPCOMING NEWS AND ANNOUNCEMENTS.....	6

INControl

Cardiovascular Health & Diabetes

INDIANA STATE DEPARTMENT OF HEALTH CARDIOVASCULAR HEALTH & DIABETES SECTION:

TO REDUCE THE BURDEN OF DIABETES, CARDIOVASCULAR DISEASE AND STROKE IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

Diabetes & Women's Health

The recent release of the [2012 Indiana's Diabetes and Women's Health Fact Sheet](#) brings light to how Hoosier women are affected by this chronic condition. An estimated 9% of our female residents have been diagnosed with diabetes. Although the risk increases with age, many factors present significant challenges for women at each stage of life.

Women with diabetes have a shorter life expectancy than women without diabetes. The CDC publication, [Diabetes and Women's Health Across the Life Stages: A Public Health Perspective](#), noted that nationally, death rates for women aged 25-44 years with diabetes are more than three times the rate for women without diabetes. The leading cause of death for women with diabetes is heart disease. Women with diabetes have a five to seven times higher risk for developing heart disease than those without the disease. It is the most common complication of diabetes and more serious among women than men. Among people with diabetes who have had a heart attack, women have lower survival rates and a poorer quality of life than men.

Childbearing years for women with diabetes must be planned carefully. It is important to keep blood glucose levels as normal as possible before and during pregnancy to protect both mother and baby. Though most women with diabetes deliver healthy babies, poorly controlled diabetes prior to conception and during the first trimester can lead to miscarriages or major birth defects. As noted in the CDC feature, [Diabetes and Pregnancy](#), children of women with diabetes have a higher likelihood of becoming obese during childhood and adolescence and developing type 2 diabetes later in life.

Pregnancy itself may affect insulin levels. Gestational diabetes mellitus (GDM) is a condition where women develop high blood glucose levels during pregnancy. In Indiana, 4.5% of births in 2008 involved GDM. Although most babies delivered are healthy, children of women with GDM have higher rates of excessive birth weight, hypoglycemia, pre-term birth and respiratory distress syndrome than those women that did not have GDM. Follow-up with women with GDM is important. Most women find a return to normal blood sugar levels after delivery—but they have a lifetime risk of developing type 2 diabetes that is over seven times higher than females with normal glucose levels during pregnancy. They need to have their blood glucose levels checked 6 to 12 weeks after delivery and then every one to three years for the rest of their life.

A study of 65,000 women revealed the challenges for women with diabetes and clinical depression, as well. Women with clinical depression were 17% more likely to develop diabetes than those who were not depressed and women with diabetes were 29% more likely to develop clinical depression than individuals without diabetes.

For more information on how women are affected by diabetes:

- The CDC fact sheet, [Diabetes and Women's Health Across the Life Stages: A Public Health Perspective; Pregnancy, Diabetes, and Women's Health](#); and the [Initiative on Diabetes and Women's Health](#)
- The Agency for Healthcare Research and Quality's [Report on Women at High Risk for Diabetes](#)

[Diabetes and Women's Health Fact Sheet 2012](#) reveals the special concerns for Hoosier women with diabetes—including heart disease, pregnancy, depression and more.

• Would you like to know more about Women's Health? •

Visit the [Office of Women's Health webpage](#) and sign up to receive the Office of Women's Health Newsletter

Sign up to receive e-mail and wireless updates from ISDH



Eat Healthy • Be Active • Community Workshops Resource

Based on the *Dietary Guidelines for Americans, 2010* and *2008 Physical Activity Guidelines for Americans*, these six one-hour workshops were developed by **health.gov** to promote healthy lifestyles in your community! Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities and handouts. Community educators, health promoters, dietitians/nutritionists, cooperative extension agents and others will find the materials needed to teach the adults in their local settings.

Workshop topics include:

- Enjoy Healthy Food that Tastes Great
- Quick, Healthy Meals and Snacks
- Eating Healthy on a Budget
- Top Tips for Losing Weight and Keeping It Off
- Making Healthy Eating Part of Your Total Lifestyle
- Physical Activity is the Key to Living Well

Participants will receive handouts with tips on eating out, reducing sodium, tips to shopping on a budget and activities log.

Download the [**Eat Healthy • Be Active • Community Workshops**](#)

ABC's of Diabetes—Diabetes Self-Management Classes from Marion County Health Dept.

The ABCs of Diabetes program is a free four-part series offered by the Marion County Public Health Department. You must attend all four classes of the session you choose. Instruction will be given on medications, nutrition, exercise, monitoring, complications and available community resources. Class members will participate in individual consultations with a registered dietitian, registered nurse and a health educator. The program is open to anyone with diabetes, pre-diabetes, family members and friends. Please call 317-221-2094 if you have questions.

Click to view and register for the free classes: [2012 Schedule of Classes](#)

American Diabetes Association Hosting “Family Links” Programs

Enjoy two opportunities for the entire family to learn more about diabetes prevention. Events include healthy cooking demonstrations, physical activity and more fun activities. Click on the event below for more details.

Latino/Hispanic Diabetes Fair

[De los Pies a la Cabeza](#)

September 22, 2012

9 am – 2 pm

Ivy Tech Community College

2535 N. Capitol Avenue—Indianapolis

Event is free, lunch included.

Contact: Carol Dixon, 317-352-9226 x 6732

or cdixon@diabetes.org

Family Link Day

September 29, 2012

9 am – 3 pm

Indiana Historical Society

450 W. Ohio St – Indianapolis

Event is free, lunch included.

Contact: Carol Dixon, 317-352-9226 x 6732

or cdixon@diabetes.org

Visit the ISDH Cardiovascular & Diabetes Webpages for more Information on Healthy Lifestyle

Click on a link below to view information on different resources available in your community.

[Burden of Diabetes in Indiana & more](#)

[Evidence-based Community Programs](#)

[Insurance Information](#)

[Community/Business Resources](#)

[Professional Resources](#)

[Public Resources](#)

[Cardiovascular Health Risks & Factsheet](#)

[Cardiovascular Resources](#)

Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples

[Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples](#) can help health care professionals address psychosocial issues with American Indian and Alaska Native Peoples. The toolkit contains a variety of culturally appropriate materials.

Listen to a podcast from the Indian Health Service "[Using our Wit and Wisdom to Live Well with Diabetes](#)." This is the story of a Paiute/Diné woman's journey with diabetes, written by Barbara Mora, to help other American Indians, Alaska Natives and all those beginning their journeys with diabetes.

CDC Interactive Atlas for Heart Disease & Stroke

The Division for Heart Disease and Stroke Prevention is pleased to announce the release of a new Interactive Atlas of Heart Disease and Stroke, an online mapping tool that documents geographic disparities in heart disease and stroke and their risk factors at the local level. The Interactive Atlas allows users to create county-level maps of heart disease and stroke prevalence and overlay those maps with congressional boundaries and health care facility locations. In addition, county-level maps of poverty, education, the food environment, access to health care and other social factors are available. The Atlas is a valuable tool for public health professionals, researchers, community leaders and others interested in monitoring CVD trends, setting research priorities and planning patient services.

With the Interactive Atlas of Heart Disease and Stroke, users can:

- Create interactive maps and tables of CVD data by race/ethnicity, gender and age group.
- Print or save maps to share with colleagues or to use in presentations and reports.
- View maps side-by-side to compare indicators or geographic features.
- Generate reports for targeted regions of interest.
- View a histogram to see the distribution of data displayed on a map.

To access the Interactive Atlas of Heart Disease and Stroke, visit [DHDSP Atlas](#)

AHRQ releases “Videonovela” for Spanish-speaking People with Diabetes

The Agency for Healthcare Research and Quality (AHRQ) has released *Aprنده a vivir* (*Learn to Live*), a videonovela to help Spanish-speaking diabetes patients compare their treatment options and find one that is best for them. Patterned after Latin American-style soap operas, *Aprنده a vivir* tells the story of Don Felipe, head of the Jiménez family, and his health problems caused by poor management of his type 2 diabetes.

Data from AHRQ's [2011 National Healthcare Disparities Report](#) show that in 2008, Hispanics were more than twice as likely as whites to be hospitalized for uncontrolled diabetes without complications and about two times more likely to be hospitalized for long-term complications from diabetes.

Three episodes of *Aprنده a vivir* can be viewed on AHRQ's [Healthcare 411](#). Viewers will have the option of selecting captions in Spanish or English.

NDEP releases updated “Diabetes Number At-a-Glance”

Based on American Diabetes Association clinical recommendations, this handy pocket guide provides a list of current recommendations to diagnose and manage prediabetes and diabetes.

Treatment Goals: the ABCs of Diabetes and a Diabetes Management Schedule are included, as well. Download the [PDF version](#) or place an order on the [NDEP website](#).

September is Cholesterol Education Month

High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease. There are no symptoms for high cholesterol. A simple blood test can tell you your level.

Having diabetes can increase your risk for developing high blood cholesterol. For people with diabetes having an abnormal cholesterol level can be a risk for heart disease or stroke, as well. The combination of high triglycerides, low HDL and central obesity are the hallmarks of the metabolic syndrome, which occurs in 80 percent of people with type 2 diabetes.

So, what should I know about LDLs, HDLs, and triglycerides?

- LDL cholesterol can build up inside your blood vessels, leading to narrowing and hardening of your arteries-the blood vessels that carry blood from the heart to the rest of the body. Arteries can then become blocked. Therefore, high levels of LDL cholesterol raise your risk of getting heart disease.
- Triglycerides are another type of blood fat that can raise your risk of heart disease when the levels are high.
- HDL (good) cholesterol removes deposits from inside your blood vessels and takes them to the liver for removal. Low levels of HDL cholesterol increase your risk for heart disease.

Click to read, [DiabetesHealth “Type 2 Diabetes & Triglycerides” article](#)

More information at [Cholesterol](#) and [Ways to Prevent High Cholesterol](#).

For more information on healthy lifestyle: <http://www.inshapeindiana.org/>

September 29, 2012 — World Heart Day

This year, in continuation from our 2011 World Heart Day theme of home heart health, **One World, One Home, One Heart**, we will make 2012 the year of cardiovascular disease prevention among women and children.

Heart disease and stroke take lives prematurely. Contrary to common belief, women are just as affected as men and children are vulnerable too; action must be taken to reduce their risk. Individuals, families, communities and governments must work together to avoid the emotional and financial burden caused by these diseases. Act now to save the lives of the women and children you love: encourage healthy eating and physical activity, and ban tobacco use. For more information www.worldheartday.org



Have you or a loved one been affected by heart disease or stroke? The World Heart Federation is looking for people affected by heart disease or stroke who are willing to share their stories.

[Click here to view the FLYER.](#)

[Click here for more on how women and children are affected by cardiovascular disease.](#)

[Click here for more campaign materials, including a poster and leaflet.](#)

[Click here for more information on engaging employers.](#)

[Click here for more information for kids.](#)

[Click here for the Kids on the Move Toolkit.](#)

[Click here for Advocacy Information.](#)

Garden on the Go

(by Brian Nickolaus)

Description: “Garden on the Go” is Indiana University Health’s signature obesity prevention effort that provides mobile deployment of fresh, affordable produce to neighborhoods of need in Marion County, Indianapolis. Launched initially as a truck which customers boarded to shop, it has now progressed to a model that brings the produce inside community centers, public and senior housing facilities, health centers, libraries, etc. Since moving the service indoors, sales transactions doubled in the first four months compared to the amount of sales transactions in the entire eight months the program was in service in 2011.

- Launched in May 2011 and exceeded first year goal of 15,000 sales transactions (over 17,825 sales transactions as of July 1, 2012).
- Garden on the Go operates year round, currently making 16 stops weekly from Wednesday to Saturday. In August 2012, Tuesday service will be added to the route.
- Garden on the Go accepts cash, credit, debit and food stamps (SNAP/EBT) as forms of payment; SNAP/EBT accounts for 18% of all sales.

Research: As part of Garden on the Go’s ongoing program evaluation, the IU School of Medicine’s Department of Public Health conducted a three month and six month customer survey. Some important findings of the survey are:

- 80% of Garden on the Go customers reported regularly purchasing and consuming more fruits and vegetables since the service began.
- 45% of Garden on the Go customers reported having diabetes.
- A six month demonstration study was launched March 2012 to track 120 shoppers, monitoring their A1C, height, weight, BMI and B/P, in an effort to measure the program’s health impact.
- A six month voucher pilot was launched May 2012 to track 20 patients currently under a dietician’s care at a community based health clinic to evaluate the impact on their health (weight, B/P) if they are provided \$7 a week to purchase fruits and vegetables at Garden on the Go.

Media/Recognition: As a result of the program’s effectiveness, first year success and innovative approach to delivering affordable healthy food options to low income populations, there has been a substantial amount of local, regional and national media coverage since April 2011.

- Multiple stories highlighting the program have run in the *Indianapolis Star* (Gannett Publishing) and the *Indianapolis Recorder*.
- Various mentions and call-outs have been noted in the L.A. Times, at the www.theconsumerist.com, as part of press releases by the White House, and in multiple hospital and social services industry trade publications (such as *Uncensored*, regional FSSA and national hospital trade magazines).
- @Gardenongo has 900+ Twitter followers and has had numerous mentions, hash-tags and re-tweets by notable health, food and nutrition spokespeople (such as Dr. David Katz of the Yale Research Center and Gus Schumacher of Wholesome Wave).
- Various local television news media outlets and NPR have mentioned, run independently or picked up stories about Garden on the Go.
- Garden on the Go was awarded the Indiana State Health Commissioners’ Award for Excellence in Public Health in March 2012.

Expansion and Replication: As a statewide healthcare system, IU Health is always looking for opportunities to expand services and programs to their communities throughout Indiana. They are currently exploring, with a national produce distributor headquartered in Indianapolis, opportunities for mobile deployment of produce in their rural underserved communities through resources such as churches, schools, libraries, corner stores and other retail outlets. Though IU Health has financially supported the development and initial operations of Garden on the Go through its Community Outreach operational budget, it is exploring grant funding and corporate partnerships to support program expansion efforts and increase community impact.



NEW FALL SCHEDULE

(begins August 1, 2012)

WEDNESDAY

- 11 a.m.—John J. Barton Annex
501 N. East Street
- 1 p.m.—Edna Martin Center
1970 Caroline Ave.
- 3 p.m.—Goodwin Plaza Apts.
601 W. St. Clair
- 5 p.m.—Lugar Tower Apts.
901 Fort Wayne Ave.

THURSDAY

- 11 a.m.—Ransburg YMCA
501 N. Shortridge Rd.
- 1 p.m.—Southeast Community Services
901 Shelby St.
- 3 p.m.—Flanner House
2424 Dr. Martin Luther King Jr. Dr.
- 5 p.m.—Mary Rigg Neighborhood Center
1920 W. Morris St.

FRIDAY

- 11 a.m.—John H. Boner Community Center
2236 E. 10th St.
- 1 p.m.—Spruce Manor Apts.
1840 Perkins Ave.
- 3 p.m.—Indiana Avenue Apts.
825 Indiana Ave.
- 5 p.m.—Village at Mill Crossing
3615 Sherman Forest Dr.

SATURDAY

- 11 a.m.—Shepherd Community Center
4107 E. Washington St.
- 1 p.m.—Christamore Court Apts.
2330 W. Michigan St.
- 3 p.m.—Kenwood Place Apts.
105 W. 23rd St.
- 5 p.m.—Mt. Zion Apts.
3655 Boulevard Place

***For more information, visit
Garden on the Go®.***

Click on each event for details

September 15, 2012 (8 a.m. registration)
American Heart Association
Indianapolis Heart Walk and 5K Run
Celebration Plaza, White River State Park
Indianapolis, IN

Cardiovascular Health and Diabetes Coalition of Indiana (CADI) Update

CADI is currently in the process of transition and expansion to address cardiovascular health and diabetes within their new capabilities as a coalition. The Coalition is searching for new partners interested in cardiovascular health, stroke and diabetes. CADI is focused on engaging partners interested in uniting healthcare professionals and programs statewide to face the future of preventing and treating each patient, educating healthcare professionals, and increasing awareness of cardiovascular disease, stroke and diabetes.

The Coalition is in the process of completing a statewide plan that addresses diabetes issues with cardiovascular health goals and strategies.

CADI meets quarterly. The next meeting will be Wednesday, September 12, 2012 at 1 p.m. The meeting location will be held at the Indiana State Department of Health, Rice Conference Room (basement), 2 N. Meridian Street, Indianapolis, IN 46204.

NEWSLETTER CONTRIBUTIONS

The Cardiovascular Health and Diabetes Section will be publishing newsletters on a quarterly basis during 2012. The intent of the newsletter is to network diabetes, stroke and cardiovascular health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state and to provide the most current data and information on cardiovascular health, stroke and diabetes.

If you have any suggestions, articles, current events or topics that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755 or email gawright@isdh.in.gov. The deadlines for 2012 are:

4th Quarter Deadline
Submission: Sept. 26, 2012

Collaborative Partners

* Logos used with permission of organizations.



*If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes/Cardiovascular Health Section,
 Phone: 317.233.7755 or Email: gawright@isdh.in.gov*



**Indiana State Department of Health
 Cardiovascular Health and Diabetes Section
 Health and Human Services Commission**

Meenakshi Garg, M.D., M.P.H.
 Chronic Disease Medical Director

Laura T. Heinrich, R.D., C.D.
 Section Director

Manisha Singhal, M.P.H.
 Policy Analyst

Champ Thomaskutty, M.P.H.
 Program Epidemiologist

Gail Wright
 Health Education and Communications